

## FOR ALL.

I have been intending to write you a further letter, to follow up the last one I sent, concerning the word "Mindfulness" and enclosing some sentences from a member of one of the groups in Europe. Unfortunately, for various reasons, today has been the first day that it has been possible for me to sit down and write this letter to you all.

The reason for writing again is to clear up any misunderstandings that might have arisen if any of you have read any of the recent books on MINDFULNESS. Here, in England, and in the States, there has been an endless stream of books on the subject, which originated in Buddhism. Unfortunately, in the majority of these new books the accent has been psychologically based, and thus The Buddha of Compassion has been mainly lost in the attempts made to adapt one of the great teachings of The Buddha into Western, psychological language. I feel that the result of this is that a great deal of the real understanding of the inter-connectedness of all life has, or can be lost, and thus the practice becomes an almost totally selfish, and self absorbed thing unless the practice is also used in concomitant with Connectedness.

In the words of one of the people who wrote to me with severe criticisms after my first paper was sent to you,

"Have people really begun to embrace the terrifying knowledge of the Names, allied with our Non- Existence.

The Freedom of that knowledge is worthless until in service to the Moment. His moment, of course." And these words are only part of the letter! There were also comments from others, all of which concerned the writer's opinions that my first paper was "too sentimental."

Now I always welcome comments and criticisms, and thus I am very grateful for what has been said. On re-reading my first paper I can easily understand what these people meant in their comments, and this has prompted me to write a few words myself, in the hopes that this brief paper will help you all to see and understand the real benefit that can be felt and experienced by those who do practice Mindfulness, and how it is certainly not meant to be some sort of process of "self-development", but rather a means of helping us to understand, in the deepest recesses of our hearts, the meaning of His Mercy and Compassion, and it is those two words that we say at the commencement of the prayers each day.

Mindfulness is a means of "grounding knowledge". And that means bringing real knowledge to earth, and all aspects of Mindfulness is based on paying attention to the breath. The knowledge of which I speak is certainly not mere intellectual information, but rather direct perception of the Truth, able to be brought into our world for the benefit of the Whole. "He who knows himself knows his Lord." This knowledge may then be expressed in words, in stories, in art and music, and great architectural designs; in fact in all aspects of our daily lives in which we can do our best to follow the great Commandments, such as in the words of Jesus, "Love thy neighbour as thyself."

And it is knowledge that can be passed on to our children, and our children's children, and the world to come. As it is said in The Lord's Prayer, "Let Thy Will be done on earth, as it is in Heaven." They are such simple words, but the depth of meaning in them is great, and yet can be understood by us all if we remember Rumi's words,

"Gratefulness is the key to Will," and Patience is the key to Joy."

Knowledge is not intended to remain floating about in unknown worlds, whilst we continue to repeat the same old mistakes, mostly starting with our lack of awareness, and Mindfulness. Knowledge is always waiting to be "*Born*", to be manifested in our world in the way that is most suitable to changing conditions. I sometimes call it, "*The womb of the present moment.*" No better example can be told to illustrate this point than the story of Gabriel and the Virgin Mary at the time of the Annunciation. If you do not already know this story, then please ask those who can remember the many times I have repeated it! [see also on the chalice web page: <http://chalicealivingschool.net/en/25-breath-is-life>]

Real knowledge, which is ultimately the knowledge of the Self, is for the benefit of all mankind, and the planet as a whole. Everything is inter-connected, and has its place in the evolutionary process. That process is meant to be conscious evolution, brought into Being by those who know, and certainly not the haphazard and dangerous state in which we now find ourselves, brought about by our own stupidity and ignorance, stretching back through history.

The practice of Mindfulness is indeed a way of service, if we can look at its purpose, briefly described above. We are not meant to be sleepwalkers, drifting about like feathers in the wind. You will remember the words of Ralph Waldo Emerson, which I quoted in one of my books, "Woe betide those who have been overcome by fate, the control of which has slipped their hands." We are His manifestation, and therefore it is our duty to be awake and as aware as possible, however much daily work this takes and however much patience and perseverance is necessary.

So please remember what I have attempted to explain in this paper and then, if you find a suitable book on the subject of Mindfulness, read it in the light of understanding, and the Wisdom of the Buddha, and what he left us to work with, and understand in this world.

Reshad Feild.

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*"All things that have consciousness depend upon breath. But if they do not get their fill of breath, it is not the fault of Heaven. Heaven opens up the passages and supplies them day and night without stop. But man on the contrary blocks up the holes. The cavity of the body is a many-storied vault; the mind has its Heavenly wanderings. But if the chambers are not large and*

*roomy, then the wives and sisters will fall to quarreling. If the mind does not have its Heavenly wanderings, then the six apertures will defeat each other."*

(Chuang Tzu. 4th century B.C.)

*bringing breath to life  
is the essence of every religion  
and the remedy for every illness.*

*let every breath you take  
cleans the soul of its grief and pain  
so it can keep glowing brightly inside you.*

(Rumi.Tr.Will Johnson)

*learn how to touch soul  
in every breath you take  
and watch yourself  
turn into the messiah.*

*when your soul is cleansed  
in every breath you take  
you'll understand  
how to give birth to jesus  
every time you breathe.*

*there's a new garden  
a new meadow in our soul  
there's a new story  
a new legend in our ear  
in every breath we take.*

(Rumi.Tr.Will Johnson)